

# Small Group Training Programs - June 2017

Small Group Training class size: 3-4 participants

MONDAY AM			TUESDAY AM			WEDNESDAY AM			THURSDAY AM			FRIDAY AM			SATURDAY AM			SUNDAY AM		
5:30-6:30 AM	<b>Reformer Beg/Int</b> Danielle 6/5-6/26 \$100/session	5	8:30-9:30	<b>Reform Barre</b> Alison 6/6-6/27 \$100/session	5	6-7 AM	<b>Reform Barre</b> Alison 6/7-6/28 \$100/session	5	6-7 AM	<b>Reformer Beg/Int</b> Lisa 6/1-6/29 \$125/session	5	6-7 AM	<b>Reform Barre</b> Alison 6/9-6/30 \$100/session	5	9-10 AM	<b>Reform Barre</b> Alison 6/10-6/24 \$75/session	5			
						8:30-9:30 AM	<b>Reform Barre</b> Alison 6/7-6/28 \$100/session	5				6-6:45 AM	<b>Small Group PT</b> Danielle 6/2-6/30 \$125/session	2						
												9:30-10:30 AM	<b>Reform Barre</b> Alison 6/9-6/30 \$100/session	5						
															<p>Studio Locations:                      1-Mind/Body Studio                      2-Small Group Training Studio                      3-Pure Energy Studio                      4-Cycle Studio                      5-Reformer Studio                      6-Athletic Performance Center</p>					
MONDAY PM			TUESDAY PM			WEDNESDAY PM			THURSDAY PM			FRIDAY PM			<p>ALL TEAM TRAINING SESSIONS ARE NON-REFUNDABLE &amp; MUST BE PAID IN FULL AT TIME OF REGISTRATION.  <i>Prorated sessions are not permitted. Please check your schedule prior to registering as there are no make-ups</i></p> <p>ALL SMALL GROUP PT &amp; REFORMER CLASSES REQUIRE A CONSULTATION APPOINTMENT FOR ANY PARTICIPANT THAT IS NEW TO OUR PROGRAM.  <i>A one hour session will be scheduled with a trainer for a discounted rate of \$29 prior to your first class.</i></p> <p>REGISTRATION OPENS ON MAY 15TH.  <i>Please stop by the member service desk, call the club or register online at <a href="http://www.fitnessunlimited.com">www.fitnessunlimited.com</a>.</i></p>					
5:45-6:45 PM	<b>Reform Barre</b> Alison 6/5-6/26 \$100/session	5	8-9 PM	<b>Reformer Beg/Int</b> Danielle 6/6-6/27 \$100/session	5	12-12:45 PM	<b>Reformer Express</b> Lisa 6/7-6/28 \$80/session	5				12-12:45 PM	<b>Reformer Express</b> Lisa 6/2-6/30 \$80/session No class on 6/9	5						
															<p><b>fitness unlimited</b>                      health club for women</p> <p>Fitness Unlimited                      364 Granite Avenue                      Milton, MA 02186                      617-698-0260  <a href="http://www.fitnessunlimited.com">www.fitnessunlimited.com</a></p>					

**POP UP CLASS: Build a Balance w/ Ann Marie & Whitney on Thursday, 6/1 from 6:30-7:45 pm (\$20/member & \$25/non-member)**

**Class descriptions can be found on our website at [www.fitnessunlimited.com](http://www.fitnessunlimited.com)**

Turn over for Team Training Schedule